

Basic Anatomy Anatomical Concepts

1. Anatomical Reference Position

- erect standing position
- feet slightly separated
- arms hanging relaxed at the sides
- palms facing forward

2. Directional Terms

Superior/Inferior: closer/farther to/from the head
Anterior/Posterior: toward the front/ back of the body
Medial/Lateral: toward/away to/from the trunk
Proximal/Distal: closer/away to/from the trunk
Superficial/Deep: inside the body and toward/away from the body surface

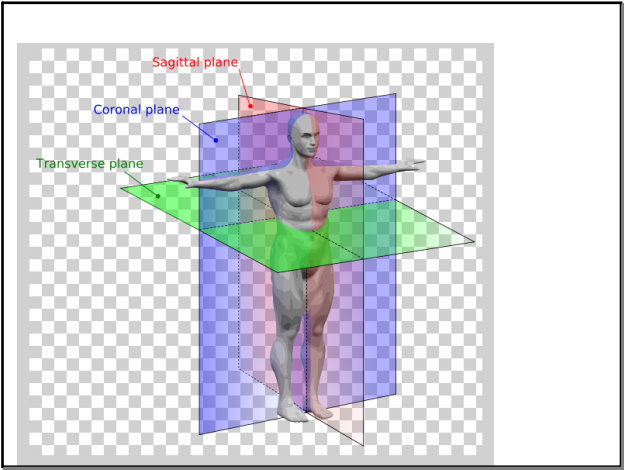
3. Anatomical Planes

Sagittal Plane: splits body vertically into left and right sections
Frontal Plane: splits body vertically into front and back sections
Transverse Plane: splits body into top and bottom sections

4. Anatomical Axes

Transverse Axis: perpendicular to the sagittal plane
Anteroposterior Axis: perpendicular to the frontal plane
Longitudinal axis: perpendicular to the transverse plane

Sep 2-5:45 PM



Sep 4-10:57 AM

Directions of Actions

refer to text page 4 & 5 Exercise Science 12

Sep 2-6:12 PM

Anatomical Terminology

Layman Terminology	vs	Anatomical Terminology
Chelsea has broken the bottom of her funnybone		Chelsea has fractured the distal aspect of her humerus
This x-ray is a front view of the collarbone		This x-ray is an anterior view of the clavicle
This is a cross- section of the upper part of the thighbone		This is a transverse view of the proximal aspect of the femur
This is the side view of the athlete bending and straightening the foot		This is the sagittal view of the foot plantar and dorsiflexing

Sep 3-10:16 AM

Sep 7-7:43 AM